

Week	Fitness A	Fitness B	Performance A	Performance B
Lunedì	Test day 1K row	6 rounds 2 wall climbs 20 step ups 10 DB2 power Clean	Test day Max strict Pull Ups Max kipping Pull U.	6 rounds 16 Pistol Squat 15 Push ups 14 Toes to bar
Martedì	Ogni 90" x 9' - 11/8 Cal bike - 20 DB1 Snatch	16' AMRAP 8 Burpees 12 toes to bar 16 DB1 OV. Lunges	Ogni 90" x 9' 2 Hang snatch	16' AMRAP 12 Cal row 8 ring dip 8 Burpees box Jumps 4 Ov. Squat
Mercoledì	WEEK 3 Press 5-5-5-5-5	15' EMOM - 18 wall balls - 1 lap Run - 30 SU+5 Deadlift	WEEK 3 Jerk 3-3-2-2-2	15' EMOM - 1 lap Run - 15 DB2 Thruster - 5 deadlift+30 DU
Giovedì	4 rounds 15 Pull Ups 10+10 Bulgarian split Squat	5 rounds 10 Box Jumps 15 KB Swings 15 Box dip 50 Mountain climbers	4 rounds 12 strict HSPU 10+10 Step down	5 rounds 5 bar Muscle Ups 10+10 DB Snatch 15 wall balls 30 double unders
Venerdì	Da 0' a 12' EMOM - 12/9 Cal row - 20 DB1 Hang Clean & jerk - 20 V-ups	Da 17' a 30' AMRAP 12 Push Ups 30 double Unders 12 Renegade row 30 Air Squat	Da 0' a 12' EMOM Power Clean 0->4: 3 4->8: 2 8->12: 1	Da 17' a 30' AMRAP 12 Cal bike 6 Hang p Clean 12 Pull Ups 6 front rack lunges
Sabato	ENDURANCE	HERO WOD Bowen	3 rounds 800 Run 7 deadlift 10 burpee Pull Ups 14 DB1 Thrusters 20 box Jumps	
Domenica	ENDURANCE	CLOSED		